



## Welcome to the September Newsletter

Here's what happened in **August** ....records, challenges, PB's, new members....just another typical few weeks in the **Sub 7** Indoor Rowing world!

**Read on** folks.....and don't forget to let us know if you want anything included...we're happy to receive pictures, articles, news items...anything **Indoor rowing** related that you think our members will be interested in reading about.

## The Sub 7 Intra Team Challenge (ITC)

Well done to our winners of the 6 x 500.3'r August challenge.

Male Hwt. (1) Warren Matthews (2) Ian Wilde (3) Mark Powell.

Female Lwt. (1) Tassana Landy. (2) Abi Dolor (3) Susan Young

Male Lwt (1) Arkadiusz Kieliszek (2) Nolan Messer (3) Adam Eshborn

Female Hwt (1) Jules Hodgson (2) Sarah Taylor (3) Diana Kornbrot

This month (September) the ITC is 1k as fast as you can go....ouch!

<https://www.gffl.myzen.co.uk/sub7/challenges-comps/sub7-view-challenge-results>

## The Cross Team Challenge (CTC)

Well done to everyone that "did their bit for the club" and put in a score for last month's 6 x 1minute 1'r challenge. Own up...how many *didn't* take advantage of being allowed to do rolling starts! Remember...the '*convention*' is that unless the instructions specifically forbid them then rolling starts after the first rep (which is always from a 'static' start) are allowed if it's an interval session.

We 'floated' an excellent 22 boats which was (as usual) far more than any other club. We still had 2 boats that were incomplete as they needed ladies and Lwts (male or female) to fill them but gives us a total of **116** members contributing to the team effort so big thanks to all and well done to the fast rowers who got our top boat into the Silver medal position in a hard fought contest....but then aren't they all!

Here's everyone who helped put the clubs name up in lights;

<b>Sub 7 I</b>	<b>2020m</b>
Pavel Shurmei (H) Andrey Priveda (H) Warren Matthews (H)	Arkadiusz Kieliszek (L) Elena Buryak (F)
<b>Sub 7 II</b>	<b>1950m</b>
Paul Yount (H) Steven Bugg (H) Ian Wilde (H)	Nolan Thomas Messer (L) Kristi Stoddard (F)
<b>Sub 7 III</b>	<b>1925.8m</b>
David Scott (H) Ally Cooper (H) Martin Vetter Berg (H)	Dan Lynch (L) Yvonne Apitz (F)
<b>Sub 7 IV</b>	<b>1893.8m</b>

Andy Reid Sub 7 (H) Alex Doidge (H) HvS (H)	Adam Eshborn (L) Jennifer Huffman (F)	
<b>Sub 7 V</b>		<b>1884.2m</b>
Steve Kamdem Lewe (H) Brett Steels (H) Russell Chewie (H)	James Howard (L) Carrie R Mackay Scull (F)	
<b>Sub 7 VI</b>		<b>1866.4m</b>
Mat Ward S7 (H) Matt Gill (H) Harry Wilkes (H)	Rod.Chinn (L) Sarita Kristina Hansen (F)	
<b>Sub 7 VII</b>		<b>1844.6m</b>
Henning Schnell (H) Tom Armer (H) Matt Rawlinson (H)	Patrick Louazel (L) Marie Barton (F)	
<b>Sub 7 VIII</b>		<b>1831.2m</b>
Paul Peppard (H) cygwylt (H) Glynn Powell (H)	Glyn Lloyd (L) Jules Hodgson S7 (F)	
<b>Sub 7 IX</b>		<b>1824m</b>
Richard Cheeseman (H) Craig douglass (H) Martin Evans (H)	Dimos (L) Samantha Doubtfire (F)	
<b>Sub 7 X</b>		<b>1806.4m</b>
Rick Duffield (H) Ed Furness (H) Andrew Laverock (H)	James Davis (L) Dee_Amon (F)	
<b>Sub 7 XI</b>		<b>1791.6m</b>
Mike Pearce (MPx) (H) Matthew Parkinson S7 (H) Mac McNelis (H)	Billy Risko (L) Marjorie (F)	
<b>Sub 7 XII</b>		<b>1777m</b>
David Davidson (H) Casey Clarke (H) Mark Powell (H)	Nigel Brockton (L) Cathy Lowe Rimov (F)	
<b>Sub 7 XIII</b>		<b>1756.4m</b>
Steve Isaacson (H) Justin Hughes (H) Gary Lewis (H)	Stuart Cragg (L) Jet Ski Lady (F)	
<b>Sub 7 XIV</b>		<b>1746.4m</b>
Simon Matterface (H) Sam white HW (H) Alec Morrison (H)	Toby Lunn (L) Tassana Landy (F)	
<b>Sub 7 XV</b>		<b>1733m</b>
Richard Harenberg S7 (H) Anthony Gothard (H) Andy Patience (H)	Anton Gazal (L) Clare Rainbow (F)	
<b>Sub 7 XVI</b>		<b>1685.2m</b>
Hjalmar Joensen (H) Robert Jones (H) Anthony Barbier (H)	Jon Peck (L) Bluebell31 (F)	
<b>Sub 7 XVII</b>		<b>1673m</b>
Richard Steventon (H) Richard Alford-Smith (H) JC Crilly (H)	Abi Dolor S7 (L) Sarah Taylor (H) (F)	
<b>Sub 7 XVIII</b>		<b>1654.4m</b>
Steve Carr S7 (H) Karl Dieter (H) Ray Len (H)	Carol Woodward (L) Wilde-Child K (F)	
<b>Sub 7 XIX</b>		<b>1625m</b>
Gert Hansen (H) David G (H) John Young (H)	Susan Young LWT (L) Caroline Champion (F)	
<b>Sub 7 XX</b>		<b>1601.4m</b>

Steven Richie (H)	John Gold S7 (L)
Bob Lisle (H)	diana korn
C Rosjat (H)	brot (F)
<b>Sub 7 XXI</b>	
Eric Jones (H)	Heather Powell (L)
Hal Appleyard01 (H)	Shelagh Allen (F)
Barry McKechnie (H)	
<b>Sub 7 XXII</b>	
<b>1413.6m</b>	
Eddie McSharry (H)	Ciaran McNally 01 (L)
Matt Brennan (H)	Aine McNally 01 (F)
James Thornton (H)	
<b>Sub 7 XXIII</b>	
<b>1623m</b>	
Martin Savine (H)	
Geoffrey Simon (H)	
Ian Northcott (H)	
<b>Sub 7 XXIV</b>	
<b>1592m</b>	
Ian Hodge (H)	
Steve Packer (H)	
Wazza (H)	

This month the CTC is **2818 metres** in memory of **George King**, a lovely guy and a well known member of the Indoor rowing community who sadly passed away on the 2<sup>nd</sup> of August this year. RIP George.

<http://c2ctc.com/>

## **The Dan & Rod Show!**

They make sure they support the club by doing the **CTC** every month and post regular comments of support to clubmates on the facebook page plus every now and again they do something that's worth commenting to *them* about. So here's a picture of **Rod Chinn** and **Dan Lynch** taken when they met up at the World Indoor Rowing Championships in Washington USA back in February. They must have had a bet as to who could break the most national records as they've set quite a few between them and were *both* at it again in August!

**Dan** (Right of picture).....Set a new 50-59 Lightweight **American** record for 5k with 17:46.7 (1:46.7 pace).

**Rod** (Left of picture).....Broke 2 **British** 60-69 Lightweight records with a Half Marathon in **1:21:04.4** (1:55.2 pace) and improved his own 30 minute record with **8124** metres (1:50.7 pace) to make a grand total of 7 records – so far!



## **If you are new to the club, here's a few things to make sure you do to be a 'good' member!**

**The CTC**...please do it every month and make sure you know your password to enter your score

**The ITC**....please make sure you know your login and password for the website

**The Sub 7 facebook page**. ....Please post your training reports with a screenshot, tell us how it felt/compared to previous sessions/show where your fitness is, etc.

*“People will forget what you said, people will forget what you did, but people will never forget how you made them feel”*

**Please** make sure you're making supportive and positive comments to fellow Sub 7'ers. Please don't just post your own stuff and not comment to others...we all like a word of encouragement so the more you give the more you get back!

It's about Unity....let's all do this crazy sport together...*#Sub7family!*

**That was August.....Happy rowing in September folks**

*Newsletter compiled and edited by Carol Woodward and Rod Chinn.*